



STRING CHEESE ART

Ingredients for Skater Dude

- String cheese
- Black olives
- Slice of apple
- *Edible marker

Instructions for Skater Dude

Peel down strands from top of cheese to make hair. Pull off small amount for hands (either peel or cut). Pull string cheese in half at the bottom. Using edible marker make eyes and mouth. To make skateboard place sliced apple and two olives to plate.

**If you cannot find an edible marker, you could give children a toothpick (if they are age appropriate) and allow them to draw on a face.*

Ingredients for Toadstools

- String cheese
- Cherry tomatoes
- Ricotta cheese or Greek yogurt in ziplock bag (cut a very small bit off one corner). Fill.

Instructions for Toadstools

Cut string cheese into four to five pieces. Cut cherry tomatoes in half. Place string cheese on plate. Top with halved cherry tomatoes. Pipe on dots of ricotta cheese or Greek yogurt.



BERRY PARFAIT

Makes 1 parfait



Ingredients

- 1/2 cup low-fat yogurt
- 1/2 cup sliced fruit (i.e., bananas or strawberries) or whole blueberries
- 1/4 cup granola or other whole grain cereal

Instructions

Scoop the yogurt into a bowl. Add the sliced or whole berries. Top with granola. Serve immediately.

FRUIT SMOOTHIE

Serves 2

Ingredients

- 1 banana
- 1 cup fresh peaches or strawberries (fresh or frozen)
- 1 8-ounce container vanilla yogurt, low-fat
- 1/2 cup 100% fruit juice

Instructions

Put all ingredients in a blender. Blend on high until smooth. Pour into two glasses. Serve immediately.



Recipe Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fruit-smoothie>

